

AGN. NO. _____

MOTION BY SUPERVISOR YVONNE B. BURKE

February 8, 2005

During the month of February, many activities are being planned throughout Los Angeles County to focus attention on the importance of preventing heart disease, the number one killer of both men and women.

The Office of Women's Health is launching a multi-lingual *Prevention Matters!* campaign, with a focus on heart health to increase awareness of the importance of knowing your risk factors, getting the appropriate screenings and treatment, if needed, and adopting a healthy lifestyle.

Until recently, most ideas about heart disease in women came from studying it in men. Yet, in the United States, more women die of cardiovascular disease than men. Even though surveys indicate that most women consider breast cancer their most serious health threat, the risk of coronary heart disease is many times greater, with symptoms and risk factors that can be different from men. This highlights the need to increase awareness of heart disease symptoms and risk factors among women and to ensure that all women have access to the health care that they need.

M-O-R-E

MOTION

BURKE _____

YAROSLAVSKY _____

KNABE _____

ANTONOVICH _____

MOLINA _____

**MOTION BY SUPERVISOR YVONNE B. BURKE
FEBRUARY 8, 2005
PAGE 2**

In Los Angeles County in 2000 to 2001, the mortality rate among women over 40 was 513 deaths per 100,000. Heart disease disproportionately affects African American and White women. However, during 2000 to 2001, *each* ethnic group had a mortality rate greater than the Healthy People 2010 goal of 266 deaths per 100,000.

The Board of Supervisors is taking an active leadership role in promoting the importance of a healthy lifestyle to prevent cardiovascular disease, which includes stroke, hypertension and coronary heart disease. The risk of cardiovascular disease can be reduced by being active, eating smart, quitting smoking, and getting checked regularly.

THEREFORE, I MOVE THAT the Board of Supervisors:

1. Proclaim the month of February 2005 as “American Heart Month” throughout Los Angeles County in recognition of the many activities promoting heart health;
2. Encourage County departments to provide heart health educational activities that promote a healthy lifestyle for department staff, and coordinate and participate in community outreach activities during February 2005; and
3. Instruct the Auditor-Controller to work with the Director of Health Services in making arrangements to provide American Heart Month information in the February 15, 2005 paychecks of all County employees.